



MONTGOMERY COUNTY RECREATION DEPARTMENT

SAFETY TRAINING 2006 - 2007

Germantown Indoor Swim Center (GISC) 240-777-6830
Martin Luther King Pool (MLK) 301-989-1206
Montgomery Aquatic Center (MAC) 301-468-4211
Olney Swim Center (OSC) 301-570-1210

MCRD - Aquatics offers American Red Cross courses for the potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.

Lifeguard Training **\$100**

This course will train you to be certified in American Red Cross Lifeguard Training, CPR for Professional Rescuer and First Aid. This course includes a pre-course check, which will test the students' swimming proficiency. Attendance is required at ALL sessions in order to be certified. Certification for Lifeguard Training and First Aid remains current for 3 years, CPR for 1 year. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. The cost of the course is \$100 registration fee (paid when registering) plus a \$50 book due in cash at the first class. The pre-course consists of 500 meter swim (200 free, 100 breast, 200 free and/or breast), and swim 20 yards (free or breast) surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to starting position with the object. The first date listed for every Lifeguard Training course is a pre-course. You must pass this to continue.

OLNEY SWIM CENTER

Session	Date	Begin	Ends
<u>LGT 1</u> Course # 163420			
Pre-Course	Saturday, October 14, 2006	4:00pm	5:30pm
Session 1	Sunday, October 15, 2006	1:30pm	5:00pm
Session 2	Sunday, October 15, 2006	5:00pm	9:30pm
Session 3	Wednesday, October 18, 2006	6:30pm	10:00pm
Session 4	Sunday, October 22, 2006	1:30pm	5:00pm
Session 5	Sunday, October 22, 2006	5:00pm	9:30pm
Session 6	Wednesday, October 25, 2006	6:30pm	10:00pm
Session 7	Sunday, October 29, 2006	5:00pm	9:00pm
Session 8	Wednesday, November 1, 2006	6:30pm	10:00pm
Session 9	Sunday, November 5, 2006	5:00pm	9:00pm

<u>LGT 2</u> Course # 163423			
Pre-Course	Sunday, January 14, 2007	2:00pm	3:30pm
Session 1	Wednesday, January 17, 2007	6:30pm	10:00pm
Session 2	Sunday, January 21, 2007	5:00pm	9:00pm
Session 3	Wednesday, January 24, 2007	6:30pm	10:00pm
Session 4	Sunday, January 28, 2007	1:30pm	5:00pm
Session 5	Sunday, January 28, 2007	5:00pm	9:30pm
Session 6	Wednesday, January 31, 2006	6:30pm	10:00pm
Session 7	Sunday, February 4, 2007	5:00pm	9:00pm
Session 8	Wednesday, February 7, 2007	6:30pm	10:00pm
Session 9	Sunday, February 11, 2007	5:00pm	9:00pm

<u>LGT 3</u> Course # 163426			
Pre-Course	Sunday, March 4, 2007	2:00pm	3:30pm
Session 1	Wednesday, March 7, 2007	6:30pm	10:00pm
Session 2	Sunday, March 11, 2007	5:00pm	9:00pm
Session 3	Wednesday, March 14, 2007	6:30pm	10:00pm
Session 4	Sunday, March 18, 2007	1:30pm	5:00pm
Session 5	Sunday, March 18, 2007	5:00pm	9:30pm
Session 6	Wednesday, March 21, 2007	6:30pm	10:00pm
Session 7	Sunday, March 25, 2007	5:00pm	9:00pm
Session 8	Wednesday, April 11, 2007	6:30pm	10:00pm
Session 9	Sunday, April 15, 2007	5:00pm	9:00pm

<u>LGT 4</u> Course # 163430			
Pre-Course	Wednesday, March 28, 2007	8:00pm	9:30pm
Session 1	Monday, April 2, 2007	2:00pm	5:30pm
Session 2	Monday, April 2, 2007	5:30pm	9:00pm
Session 3	Tuesday, April 3, 2007	2:00pm	5:30pm
Session 4	Tuesday, April 3, 2007	5:30pm	9:00pm
Session 5	Wednesday, April 4, 2007	2:00pm	5:30pm
Session 6	Wednesday, April 4, 2007	5:30pm	9:00pm
Session 7	Thursday, April 5, 2007	2:00pm	5:30pm
Session 8	Thursday, April 5, 2007	5:30pm	9:00pm
Session 9	Friday, April 6, 2007	2:00pm	6:00pm

<u>LGT 5</u> Course # 163435			
Pre-Course	Monday, June 18, 2007	8:00pm	9:30pm
Session 1	Sunday, June 24, 2007	5:00pm	9:00pm
Session 2	Wednesday, June 27, 2007	6:30pm	10:00pm
Session 3	Sunday, July 1, 2007	5:00pm	9:00pm
Session 4	Sunday, July 8, 2007	1:30pm	5:00pm
Session 5	Sunday, July 8, 2007	5:00pm	9:30pm
Session 6	Wednesday, July 11, 2007	6:30pm	10:00pm
Session 7	Sunday, July 15, 2007	5:00pm	9:00pm
Session 8	Wednesday, July 18, 2007	6:30pm	10:00pm
Session 9	Sunday, July 22, 2007	5:00pm	9:00pm



MONTGOMERY AQUATIC CENTER

Session	Date	Begin	Ends
<u>LGT 1</u> Course # 163421			
Pre-Course	Friday, October 6, 2006	6:30pm	8:30pm
Session 1	Sunday, October 8, 2006	9:00am	12:00pm
Session 2	Wednesday, October 11, 2006	6:30pm	9:30pm
Session 3	Friday, October 13, 2006	6:30pm	9:30pm
Session 4	Sunday, October 15, 2006	9:00am	12:00pm
Session 5	Wednesday, October 18, 2006	6:30pm	9:30pm
Session 6	Friday, October 20, 2006	6:30pm	9:30pm
Session 7	Sunday, October 22, 2006	9:00am	12:00pm
Session 8	Wednesday, October 25, 2006	6:30pm	9:30pm
Session 9	Friday, October 27, 2006	6:30pm	9:30pm
Session 10	Sunday, October 29, 2006	9:00am	12:00pm

<u>LGT 2</u> Course # 163422			
Pre-Course	Friday, January 5, 2007	6:30pm	8:30pm
Session 1	Sunday, January 7, 2007	9:00am	12:00pm
Session 2	Wednesday, January 10, 2007	6:30pm	9:30pm
Session 3	Friday, January 12, 2007	6:30pm	9:30pm
Session 4	Sunday, January 14, 2007	9:00am	12:00pm
Session 5	Wednesday, January 17, 2007	6:30pm	9:30pm
Session 6	Friday, January 19, 2007	6:30pm	9:30pm
Session 7	Sunday, January 21, 2007	9:00am	12:00pm
Session 8	Wednesday, January 24, 2007	6:30pm	9:30pm
Session 9	Friday, January 26, 2007	6:30pm	9:30pm
Session 10	Sunday, January 28, 2007	9:00am	12:00pm

<u>LGT 3</u> Course # 163417			
Pre-Course	Friday, March 2, 2007	6:30pm	8:30pm
Session 1	Sunday, March 4, 2007	9:00am	12:00pm
Session 2	Wednesday, March 7, 2007	6:30pm	9:30pm
Session 3	Friday, March 9, 2007	6:30pm	9:30pm
Session 4	Sunday, March 11, 2007	9:00am	12:00pm
Session 5	Wednesday, March 14, 2007	6:30pm	9:30pm
Session 6	Friday, March 16, 2007	6:30pm	9:30pm
Session 7	Sunday, March 18, 2007	9:00am	12:00pm
Session 8	Wednesday, March 21, 2007	6:30pm	9:30pm
Session 9	Friday, March 23, 2007	6:30pm	9:30pm
Session 10	Sunday, March 25, 2007	9:00am	12:00pm

<u>LGT 4</u> Course # 163428			
Spring Break Mostly Mornings			
Pre-Course	Friday, March 30, 2007	6:30pm	9:00pm
Session 1	Saturday, March 31, 2007	8:30am	11:30am
Session 2	Monday, April 2, 2007	8:30am	11:30am
Session 3	Monday, April 2, 2007	12:00pm	3:00pm
Session 4	Tuesday, April 3, 2007	8:30am	11:30am
Session 5	Tuesday, April 3, 2007	12:00pm	3:00pm
Session 6	Wednesday, April 4, 2007	8:30am	11:30am
Session 7	Thursday, April 5, 2007	8:30am	11:30am
Session 8	Friday, April 6, 2007	8:30am	11:30am
Session 9	Saturday, April 7, 2007	8:30am	11:30am
Session 10	Monday, April 9, 2007	8:30am	11:30am

<u>LGT 5</u> Course # 163429			
Spring Break Mostly Evenings			
Pre-Course	Friday, March 30, 2007	6:30pm	9:00pm
Session 1	Saturday, March 31, 2007	12:00pm	3:00pm
Session 2	Saturday, March 31, 2007	3:30pm	6:30pm
Session 3	Monday, April 2, 2007	6:30pm	9:30pm
Session 4	Tuesday, April 3, 2007	6:30pm	9:30pm
Session 5	Wednesday, April 4, 2007	6:30pm	9:30pm
Session 6	Friday, April 6, 2007	6:30pm	9:30pm
Session 7	Friday, April 6, 2007	6:30pm	9:30pm
Session 8	Saturday, April 7, 2007	12:00pm	3:00pm
Session 9	Saturday, April 07, 2007	3:30pm	6:30pm
Session 10	Monday, April 9, 2007	8:30am	11:30am

<u>LGT 6</u> Course # 163434			
Pre-Course	Friday, April 13, 2007	6:30pm	8:30pm
Session 1	Sunday, April 15, 2007	9:00am	12:00pm
Session 2	Wednesday, April 18, 2007	6:30pm	9:30pm
Session 3	Friday, April 20, 2007	6:30pm	9:30pm
Session 4	Sunday, April 22, 2007	9:00am	12:00pm
Session 5	Wednesday, April 25, 2007	6:30pm	9:30pm
Session 6	Friday, April 27, 2007	6:30pm	9:30pm
Session 7	Sunday, April 29, 2007	9:00am	12:00pm
Session 8	Wednesday, May02, 2007	6:30pm	9:30pm
Session 9	Friday, May 4, 2007	6:30pm	9:30pm
Session 10	Sunday, May 6, 2007	9:00am	12:00pm

<u>LGT 7</u> Course # 165043			
Pre-Course	Friday, May 11, 2007	6:30pm	8:30pm
Session 1	Sunday, May 13, 2007	9:00am	12:00pm
Session 2	Wednesday, May 16, 2007	6:30pm	9:30pm
Session 3	Friday, May 18, 2007	6:30pm	9:30pm
Session 4	Sunday, May 20, 2007	9:00am	12:00pm
Session 5	Wednesday, May 23, 2007	6:30pm	9:30pm
Session 6	Friday, May 25, 2007	6:30pm	9:30pm
Session 7	Sunday, May 27, 2007	9:00am	12:00pm
Session 8	Wednesday, May 30, 2007	6:30pm	9:30pm
Session 9	Friday, June 1, 2007	6:30pm	9:30pm
Session 10	Sunday, June 3, 2007	9:00am	12:00pm

<u>LGT 8</u> Course # 165044			
Pre-Course	Friday, June 8, 2007	6:30pm	8:30pm
Session 1	Sunday, June 10, 2007	9:00am	12:00pm
Session 2	Sunday, June 10, 2007	12:30pm	3:30pm
Session 3	Wednesday, June 13, 2007	6:30pm	9:30pm
Session 4	Friday, June 15, 2007	9:00am	12:00pm
Session 5	Sunday, June 17, 2007	6:30pm	9:30pm
Session 6	Sunday, June 17, 2007	12:30pm	3:30pm
Session 7	Wednesday, June 20, 2007	9:00am	12:00pm
Session 8	Wednesday, June 20, 2007	12:30pm	3:30pm
Session 9	Friday, June 22, 2007	6:30pm	9:30pm
Session 10	Sunday, June 24, 2007	9:00am	12:00pm

MARTIN LUTHER KING, JR. SWIM CENTER

Session	Date	Begin	Ends
<u>LGT 1</u> Course # 163419			
Pre-Course	Tuesday, September 19, 2006	7:00pm	9:00pm
Session 1	Wednesday, September 20, 2006	6:00pm	9:30pm
Session 2	Saturday, September 23, 2006	8:30am	12:00pm
Session 3	Wednesday, September 27, 2006	6:00pm	9:30pm
Session 4	Saturday, September 30, 2006	8:30am	12:00pm
Session 5	Wednesday, October 4, 2006	6:00pm	9:30pm
Session 6	Saturday, October 7, 2006	8:30am	12:00pm
Session 7	Wednesday, October 11, 2006	6:00pm	9:30pm
Session 8	Saturday, October 14, 2006	8:30am	12:00pm
Session 9	Wednesday, October 18, 2006	6:00pm	9:30pm
Session 10	Saturday, October 21, 2006	8:30am	12:00pm

<u>LGT 2</u> Course # 163424			
Pre-Course	Wednesday, January 24, 2007	6:00pm	9:30pm
Session 1	Sunday, January 28, 2007	8:30am	12:00pm
Session 2	Wednesday, January 31, 2007	6:00pm	9:30pm
Session 3	Sunday, February 4, 2007	8:30am	12:00pm
Session 4	Wednesday, February 7, 2007	6:00pm	9:30pm
Session 5	Sunday, February 11, 2007	8:30am	12:00pm
Session 6	Wednesday, February 14, 2007	6:00pm	9:30pm
Session 7	Sunday, February 18, 2007	8:30am	12:00pm
Session 8	Wednesday, February 21, 2007	6:00pm	9:30pm
Session 9	Sunday, February 23, 2007	8:30am	12:00pm
Session 10	Wednesday, February 28, 2007	6:00pm	9:30pm

<u>LGT 3</u> Course # 163427			
Pre-Course	Monday, March 19, 2007	6:00pm	9:30pm
Session 1	Thursday, March 22, 2007	6:00pm	9:30pm
Session 2	Friday, March 23, 2007	6:00pm	9:30pm
Session 3	Saturday, March 24, 2007	8:30am	12:00pm
Session 4	Saturday, March 24, 2007	12:00pm	4:00pm
Session 5	Monday, March 26, 2007	6:00pm	9:30pm
Session 6	Tuesday, March 27, 2007	6:00pm	9:30pm
Session 7	Wednesday, March 28, 2007	6:00pm	9:30pm
Session 8	Saturday, March 31, 2007	8:30am	12:00pm
Session 9	Saturday, March 31, 2007	12:00pm	4:00pm

<u>LGT 4</u> Course # 163431			
Pre-Course	Tuesday, April 3, 2007	6:00pm	9:30pm
Session 1	Thursday, April 5, 2007	6:00pm	9:30pm
Session 2	Friday, April 6, 2007	6:00pm	9:30pm
Session 3	Saturday, April 7, 2007	8:30am	12:00pm
Session 4	Saturday, April 7, 2007	12:00pm	4:00pm
Session 5	Monday, April 9, 2007	6:00pm	9:30pm
Session 6	Tuesday, April 10, 2007	6:00pm	9:30pm
Session 7	Wednesday, April 11, 2007	6:00pm	9:30pm
Session 8	Saturday, April 14, 2007	8:30am	12:00pm
Session 9	Saturday, April 14, 2007	12:00pm	4:00pm

<u>LGT 5</u> Course # 163432			
Pre-Course	Monday, April 2, 2007	8:00am	12:00pm
Session 1	Monday, April 2, 2007	12:00pm	3:30pm
Session 2	Wednesday, April 11, 2007	8:00am	12:00pm
Session 3	Wednesday, April 11, 2007	12:00pm	3:30pm
Session 4	Thursday, April 12, 2007	8:00am	12:00pm
Session 5	Thursday, April 12, 2007	12:00pm	3:30pm
Session 6	Friday, April 13, 2007	8:00am	12:00pm
Session 7	Friday, April 13, 2007	12:00pm	3:30pm
Session 8	Saturday, April 14, 2007	8:00am	12:00pm
Session 9	Saturday, April 14, 2007	12:00pm	3:30pm

<u>LGT 6</u> Course # 163433			
Pre-Course	Friday, April 27, 2007	6:00pm	9:30pm
Session 1	Saturday, April 28, 2007	8:30am	12:30am
Session 2	Wednesday, May 2, 2007	6:00pm	9:30pm
Session 3	Friday, May 4, 2007	6:00pm	9:30pm
Session 4	Saturday, May 5, 2007	8:30am	12:30am
Session 5	Wednesday, May 9, 2007	6:00pm	9:30pm
Session 6	Friday, May 11, 2007	6:00pm	9:30pm
Session 7	Saturday, May 12, 2007	8:30am	12:30am
Session 8	Wednesday, May 16, 2007	6:00pm	9:30pm
Session 9	Friday, May 18, 2007	6:00pm	9:30pm
Session 10	Saturday, May 19, 2007	8:30am	12:30am

GERMANTOWN INDOOR SWIM CENTER

Session	Date	Begin	Ends
<u>LGT 1</u> Course # 163436			
Pre-Course	Friday, October 6, 2006	6:00pm	8:30pm
Session 1	Sunday, October 8, 2006	8:00am	12:00pm
Session 2	Sunday, October 8, 2006	12:00pm	3:30pm
Session 3	Wednesday, October 11, 2006	6:30pm	9:30pm
Session 4	Friday, October 13, 2006	6:30pm	9:30pm
Session 5	Sunday, October 15, 2006	8:00am	12:00pm
Session 6	Sunday, October 15, 2006	12:00pm	3:30pm
Session 7	Wednesday, October 18, 2006	6:30pm	9:30pm
Session 8	Friday, October 20, 2006	6:30pm	9:30pm
Session 9	Sunday, October 22, 2006	8:00am	12:00pm
Session 10	Sunday, October 22, 2006	12:00pm	3:30pm

<u>LGT 2</u> Course # 163437			
Pre-Course	Thursday, November 2, 2006	6:30pm	8:30pm
Session 1	Saturday, November 4, 2006	8:00am	12:00pm
Session 2	Saturday, November 4, 2006	12:00pm	3:30pm
Session 3	Tuesday, November 7, 2006	6:30pm	9:30pm
Session 4	Thursday, November 9, 2006	6:30pm	9:30pm
Session 5	Saturday, November 11, 2006	8:00am	12:00pm
Session 6	Saturday, November 11, 2006	12:00pm	3:30pm
Session 7	Tuesday, November 14, 2006	6:30pm	9:30pm
Session 8	Thursday, November 16, 2006	6:30pm	9:30pm
Session 9	Saturday, November 18, 2006	8:00am	12:00pm
Session 10	Saturday, November 18, 2006	12:00pm	3:30pm

LGT 3 Course # 163438

Pre-Course	Saturday, January 6, 2007	12:00pm	2:00pm
Session 1	Monday, January 8, 2007	6:00pm	9:00pm
Session 2	Wednesday, January 10, 2007	6:00pm	9:00pm
Session 3	Saturday, January 13, 2007	12:00pm	4:00pm
Session 4	Monday, January 15, 2007	6:00pm	9:00pm
Session 5	Wednesday, January 17, 2007	6:00pm	9:00pm
Session 6	Saturday, January 20, 2007	12:00pm	4:00pm
Session 7	Monday, January 22, 2007	6:00pm	9:00pm
Session 8	Wednesday, January 24, 2007	6:00pm	9:00pm
Session 9	Saturday, January 27, 2007	12:00pm	4:00pm

LGT 4 Course # 163439

Pre-Course	Thursday, February 1, 2007	6:00pm	8:00pm
Session 1	Sunday, February 4, 2007	9:00am	12:00pm
Session 2	Sunday, February 4, 2007	12:00pm	4:00pm
Session 3	Tuesday, February 6, 2007	6:00pm	9:00pm
Session 4	Thursday, February 8, 2007	6:00pm	9:00pm
Session 5	Sunday, February 11, 2007	9:00am	12:00pm
Session 6	Sunday, February 11, 2007	12:00pm	4:00pm
Session 7	Tuesday, February 13, 2007	6:00pm	9:00pm
Session 8	Thursday, February 15, 2007	6:00pm	9:00pm
Session 9	Sunday, February 18, 2007	9:00am	12:00pm
Session 10	Sunday, February 18, 2007	12:00pm	4:00pm

LGT 5 Course # 163440

Pre-Course	Friday, March 30, 2007	6:00pm	8:00pm
Session 1	Monday, April 2, 2007	8:00am	12:00pm
Session 2	Monday, April 2, 2007	12:00pm	4:00pm
Session 3	Tuesday, April 3, 2007	8:00am	12:00pm
Session 4	Tuesday, April 3, 2007	12:00pm	4:00pm
Session 5	Wednesday, April 4, 2007	8:00am	12:00pm
Session 6	Wednesday, April 4, 2007	12:00pm	4:00pm
Session 7	Thursday, April 5, 2007	8:00am	12:00pm
Session 8	Thursday, April 5, 2007	12:00pm	4:00pm
Session 9	Friday, April 6, 2007	8:00am	11:00am
Session 10	Friday, April 6, 2007	11:00am	2:00pm

LGT 5 Course # 163441

Pre-Course	Thursday, April 12, 2007	6:30pm	8:30pm
Session 1	Sunday, April 15, 2007	8:00am	12:00pm
Session 2	Sunday, April 15, 2007	12:00pm	4:00pm
Session 3	Tuesday, April 17, 2007	6:30pm	9:30pm
Session 4	Thursday, April 19, 2007	6:30pm	9:30pm
Session 5	Sunday, April 22, 2007	8:00am	12:00pm
Session 6	Sunday, April 22, 2007	12:00pm	4:00pm
Session 7	Tuesday, April 24, 2007	6:30pm	9:30pm
Session 8	Thursday, April 26, 2007	6:30pm	9:30pm
Session 9	Sunday, April 29, 2007	8:00am	12:00pm
Session 10	Sunday, April 29, 2007	12:00pm	4:00pm

LGT 6 Course # 163442

Pre-Course	Tuesday, May 1, 2007	6:30pm	8:30pm
Session 1	Sunday, May 6, 2007	8:00am	12:00pm
Session 2	Sunday, May 6, 2007	12:00pm	4:00pm
Session 3	Tuesday, May 8, 2007	6:30pm	9:30pm
Session 4	Thursday, May 10, 2007	6:30pm	9:30pm
Session 5	Sunday, May 13, 2007	8:00am	12:00pm
Session 6	Sunday, May 13, 2007	12:00pm	4:00pm
Session 7	Tuesday, May 15, 2007	6:30pm	9:30pm
Session 8	Thursday, May 17, 2007	6:30pm	9:30pm
Session 9	Sunday, May 20, 2007	8:00am	12:00pm
Session 10	Sunday, May 20, 2007	12:00pm	4:00pm

LGT 7 Course # 163443

Pre-Course	Friday, June 1, 2007	6:00pm	8:00pm
Session 1	Sunday, June 3, 2007	8:00am	12:00pm
Session 2	Sunday, June 3, 2007	12:00pm	4:00pm
Session 3	Wednesday, June 6, 2007	5:00pm	9:00pm
Session 4	Friday, June 8, 2007	5:00pm	9:00pm
Session 5	Sunday, June 10, 2007	8:00am	12:00pm
Session 6	Sunday, June 10, 2007	12:00pm	4:00pm
Session 7	Wednesday, June 13, 2007	5:00pm	9:00pm
Session 8	Friday, June 15, 2007	5:00pm	9:00pm
Session 9	Sunday, June 17, 2007	8:00am	12:00pm
Session 10	Sunday, June 17, 2007	12:00pm	4:00pm

LGT 8 Course # 163444

Pre-Course	Thursday, June 14, 2007	6:00pm	8:00pm
Session 1	Saturday, June 16, 2007	8:00am	12:00pm
Session 2	Saturday, June 16, 2007	12:00pm	4:00pm
Session 3	Monday, June 18, 2007	8:00am	12:00pm
Session 4	Tuesday, June 19, 2007	8:00am	12:00pm
Session 5	Wednesday, June 20, 2007	8:00am	12:00pm
Session 6	Thursday, June 21, 2007	8:00am	12:00pm
Session 7	Friday, June 22, 2007	8:00am	12:00pm
Session 8	Saturday, June 23, 2007	8:00am	12:00pm
Session 9	Sunday, June 24, 2007	8:00am	12:00pm

CPR/FPR Review**\$50**

This course will renew your CPR/FPR (CPR for lifeguards). Students MUST have a current certification in CPR/FPR in order to participate. Students must present their current certification cards at class. Students will also need to bring their pocket mask and book (LGT). The cost of the course is \$50 registration fee (due when registering) and \$8 AP fee due at class.

OLNEY SWIM CENTER

164293	11/24	Friday	2:00pm-6:00pm
164294	12/26	Tuesday	6:00pm-10:00pm
164295	3/23	Friday	5:00pm-9:00pm
164296	5/6	Sunday	2:00pm-6:00pm

Lifeguard Training Challenge**\$60**

This course will recertify CURRENT American Red Cross Lifeguards. Certification will be verified at the first class. Bring your certification cards, LGT book and pocket mask. The cost of the course is \$60 registration fee (due at time of registration) and an \$8 AP fee due at the first class.

OLNEY SWIM CENTER

164299	5/30	Wednesday	6:00pm-10:00pm
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Lifeguard Training Instructor

\$125

This course will train students to be an American Red Cross certified Lifeguard Training and CPR for the Professional Rescuer Instructor. Students MUST possess strong swimming and rescue skills. Although possession of current ARC Lifeguard Training, CPR/FPR and First Aid certifications is not required, it is strongly encouraged. The successful candidate will possess the knowledge contained in these courses. Attendance is mandatory at all sessions. Students must be at least 17 years old. The program registration fee is \$125 (due at time of registration) and a book fee of \$120 due at the first class.

GERMANTOWN INDOOR SWIM CENTER

Course # 163416

Session 1	Friday, November 10, 2006	6:30pm	9:30pm
Session 2	Sunday, November 12, 2006	9:00am	3:30pm
Session 3	Wednesday, November 15, 2006	6:30pm	9:30pm
Session 4	Friday, November 17, 2006	6:30pm	9:30pm
Session 5	Sunday, November 19, 2006	9:00am	3:30pm
Session 6	Wednesday, November 22, 2006	6:30pm	9:30pm
Session 7	Friday, November 24, 2006	6:30pm	9:30pm
Session 8	Sunday, November 26, 2006	9:00am	3:30pm
Session 9	Wednesday, November 29, 2006	6:30pm	9:30pm
Session 10	Friday, December 1, 2006	6:30pm	9:30pm
Session 11	Sunday, December 3, 2006	9:00am	3:30pm

MONTGOMERY AQUATIC CENTER

Course # 163417

Session 1	Friday, February 2, 2007	6:30pm	9:30pm
Session 2	Sunday, February 4, 2007	9:00am	3:30pm
Session 3	Wednesday, February 7, 2007	6:30pm	9:30pm
Session 4	Friday, February 9, 2007	6:30pm	9:30pm
Session 5	Sunday, February 11, 2007	9:00am	3:30pm
Session 6	Wednesday, February 14, 2007	6:30pm	9:30pm
Session 7	Friday, February 16, 2007	6:30pm	9:30pm
Session 8	Sunday, February 18, 2007	9:00am	3:30pm
Session 9	Wednesday, February 21, 2007	6:30pm	9:30pm
Session 10	Friday, February 23, 2007	6:30pm	9:30pm
Session 11	Sunday, February 25, 2007	9:00am	3:30pm

Lifeguard University

FREE

This is a free course for youth, male and female, age 13 and up who show interest and aptitude to become a lifeguard. This course will be offered at several indoor pools. Upon successful completion of this course, we will also encourage you to register for one of our Lifeguard Training Courses (LGT). If you agree to work for MCRD Aquatics for one year, the LGT course will be FREE (a small book fee will apply). You must be at least 15 and pass a swimming test to take the LGT course.

MARTIN LUTHER KING, JR. SWIM CENTER

164142	10/10	Tuesday	7:00pm-9:00pm
165162	1/16	Tuesday	7:00pm-9:00pm

OLNEY SWIM CENTER

164495	9/23	Saturday	10:00am-12:00pm
164496	1/14	Sunday	10:00am-12:00pm

GERMANTOWN INDOOR SWIM CENTER

164141	9/23	Saturday	10:00am-12:00pm
165164	4/7	Saturday	10:00am-12:00pm

Pool Operator's Course

\$70

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at the MCRD Administrative Office, 4010 Randolph Rd., Silver Spring. The second class of each session will be held at the Martin Luther King Jr. Indoor Swim Center. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

Pool Op 1 Course # 163445

Session 1	Wednesday, January 3, 2007	7:00pm	9:30pm
Session 2	Thursday, January 4, 2007	7:00pm	9:30pm
Session 3	Friday, January 5, 2007	7:00pm	9:30pm
Session 4	Monday, January 8, 2007	7:00pm	9:30pm
Session 5	Tuesday, January 9, 2007	7:00pm	9:30pm

Pool Op 2 Course # 163446

Session 1	Monday, April 2, 2007	7:00pm	9:30pm
Session 2	Tuesday, April 3, 2007	7:00pm	9:30pm
Session 3	Wednesday, April 4, 2007	7:00pm	9:30pm
Session 4	Thursday, April 5, 2007	7:00pm	9:30pm
Session 5	Friday, April 6, 2007	7:00pm	9:30pm

Pool Op 3 Course # 163447

Session 1	Monday, May 14, 2007	7:00pm	9:30pm
Session 2	Wednesday, May 16, 2007	7:00pm	9:30pm
Session 3	Thursday, May 17, 2007	7:00pm	9:30pm
Session 4	Monday, May 21, 2007	7:00pm	9:30pm
Session 5	Wednesday, May 23, 2007	7:00pm	9:30pm

Pool Op 4 Course # 163448

Session 1	Monday, June 4, 2007	7:00pm	9:30pm
Session 2	Tuesday, June 5, 2007	7:00pm	9:30pm
Session 3	Wednesday, June 6, 2007	7:00pm	9:30pm
Session 4	Thursday, June 7, 2007	7:00pm	9:30pm
Session 5	Friday, June 8, 2007	7:00pm	9:30pm

Review

\$40

MONTGOMERY AQUATIC CENTER

163449	5/20	Saturday	10:00am - 1:00pm
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